



LIVING HAPPIER, HEALTHIER LONGER LIVES

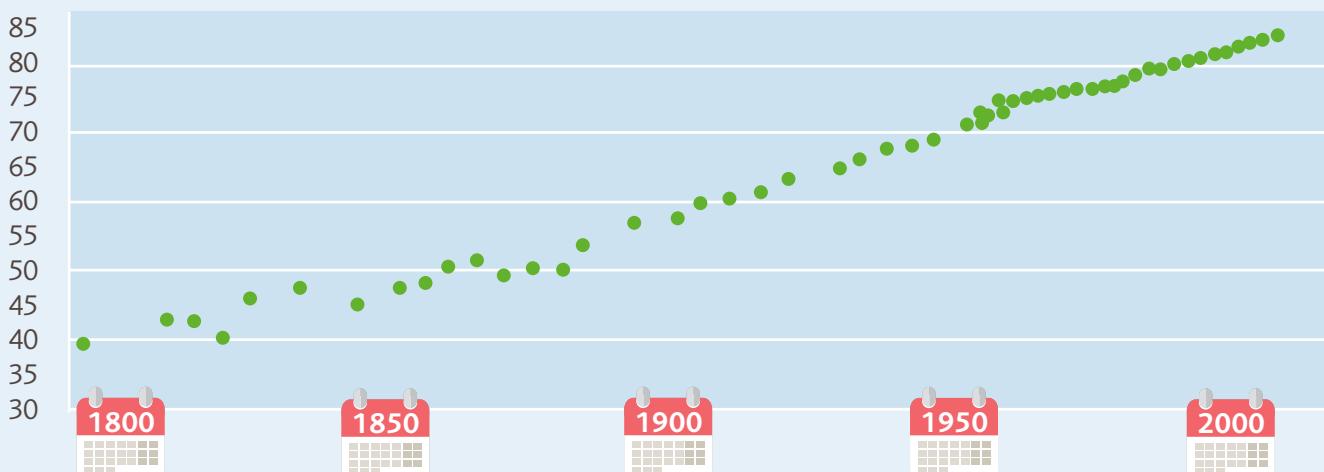
One of the greatest success stories of modern times is the increasing number of people living into old age. TILDA explores why people are living longer and some of the demographic changes worldwide which are driving this.



PEOPLE ARE LIVING LONGER

For most of human history only 3-4% of the population was over the age of 65. Then, a hundred years ago a remarkable thing started to happen: average life expectancy increased exponentially.

AVERAGE LIFE EXPECTANCY OVER TIME

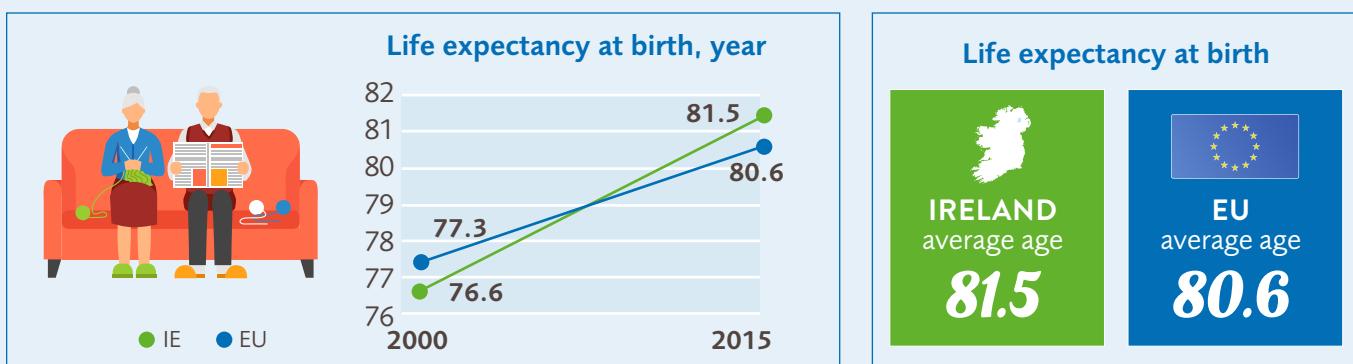


Source: Science May 2002

This increase in life expectancy is equal to five hours per day or three months per year.



LIFE EXPECTANCY IN IRELAND IS INCREASING FASTER THAN THE EU AVERAGE



Source: Organisation for Economic Co-operation and Development

The life expectancy at birth for men is 79 years and 83 for women. However, once they reach age 65, their life expectancy increases versus what was expected at birth. We look at a couple of examples below:

Expected age	Male	Female
At birth	79.9	83.6
If 65, add...	18.6	21.1
If 75, add...	11.2	13.1
If 85, add...	5.9	6.8

Source: Eurostat 2016 Ireland

At age 65, life expectancy becomes 83.6 years for men and 86.1 years for women. At 75, it becomes 88.1 years for men and 86.2 years for women and once you reach 85, life expectancy is 90.9 and 91.8 respectively.

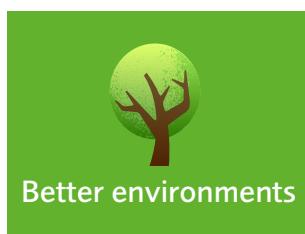
WHY ARE WE LIVING LONGER?



Better healthcare



Healthy behaviours



Better environments



More prosperity

months

AGEING MYTHS DEBUNKED

MYTH #1 QUALITY OF LIFE DECLINES AS WE GET OLDER

This is not the case. After the age of 50, quality of life continues to improve and, in fact, peaks between the age of 65 and 70. The quality of life only begins to decline after the age of 75 years. This means that the quality of life can reach levels equivalent to that of a 50 year old at the age of 80.

In other words, life gets better, and continues to get better, after the age of 50.



TILDA

MYTH #2

OLDER PEOPLE ARE A DRAIN ON FAMILIES AND ON SOCIETIES

Older people contribute significantly, in space, time and money, to society. 3 in 5 give significant time to grandchildren, in order to enable their children to participate in the workforce. 1 in 2 older people get involved in regular volunteering activities or assist neighbours or family members who require help.

HELPING THEIR PARENTS



1 in 4 assisted older parents with basic personal care



2 in 5 help with household jobs, shopping and transportation



50% provide financial support to older parents

HELPING THEIR CHILDREN



2 in every 3

have children living with them or close by



1 in 2

provide financial assistance to their children



HALF

provide childcare for their grandchildren



36 hours

a month helping on childcare

ENGAGING IN THE COMMUNITY



1 in every 2

volunteered in the last year



1 in 5

volunteer once a week



6 in 10

adults take part in active and social activities once per week



47%

involved in sports or social clubs

MYTH #3

AGEING STARTS AT 50

TILDA have proven how early life years shape adult life. The aging process does not start when we are 50, 60, 70 or 80; it actually starts in youth. TILDA data shows that the number of adverse childhood events experienced will affect the ageing process of an individual.



3.5 TIMES MORE LIKELY

to suffer from frailty or depression if you have suffered three adverse events compared to none



2 TIMES MORE LIKELY

to trigger heart disease

Adverse childhood events include:

(death of a parent, significant illness in childhood, physical abuse, alcoholism in the home, sexual abuse)

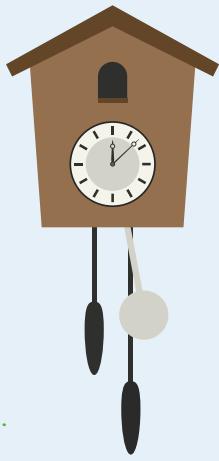
Research has shown that adverse events in childhood trigger an inflammatory process, which implicated in age-related diseases such as heart disease, dementia, mental health, arthritis, cancer and frailty generally.

7 Secrets TO SUCCESSFUL AGEING



MENTAL STIMULATION

Lots of activities can keep your mind active. For example, read books and magazines. Play games, work or volunteer. These types of mentally stimulating activities can reduce the risk of dementia in later life.



AEROBIC EXERCISE

Regular cardio exercise is important for any age group, but older adults probably have the most to gain from starting (or continuing) an exercise program. Not only does cardio strengthen your heart and lungs, it gives you more energy, sharpens your mind, helps you manage your weight, can reduce symptoms of anxiety and depression, and may even keep you young.



REDUCED STRESS

Stress in adults, especially older adults, has many causes. You may experience it as a result of managing chronic illness, losing a spouse, being a caregiver, or adjusting to changes due to finances, retirement, or separation from friends and family.

Don't wait to seek stress relief. Chronic stress in adults increases the risk of heart disease, heartburn, and many other health problems. With so much at stake, it's best to seek stress relief as soon as you suspect that stress may be a problem.



SOCIAL ENGAGEMENT

Social engagement makes a big difference to how our brains function. The good news is that the brain is 'plastic'. This means your brain can change and develop from youth into old age, therefore social engagement can help prevent dementia and improve brain function even in older brains.



POSITIVE ATTITUDES TO AGEING

TILDA data has found that older adults with negative attitudes towards ageing had slower walking speeds and worse cognitive abilities compared to those with more positive attitudes towards ageing.

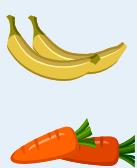
This was true even after participants' medications, mood, life circumstances and other health changes were accounted for.

"The saying 'You're as young as you feel' is true."



NEW LEARNING

Education protects against dementia significantly. The latest studies from psychology and neuroscience show older adults can pick up complex skills. Although we may face some extra difficulties over the age of 50, our brains still has an astonishing ability to learn and master many new skills, whatever your age. The effort to master a new discipline may be more than repaid in maintaining and enhancing your overall brain health.



GOOD DIET

Older adults can improve their diets to help slow the progression of the diseases of ageing.

NUTRITION TIPS

Eat **5** portions of fruit and veg per day



Oily fish and eggs are a great source of vitamin D



Leafy green vegetables are good sources of folate and fibre



Eat **3** portions of dairy (milk/cheese/yogurt) per day to help maintain bone health



Limit treats to once or twice per week





PROUD TO BE A FOUNDING SUPPORTER OF TILDA

The Irish Longitudinal Study on Ageing (TILDA) is a large scale, nationally representative, long-term study on ageing in Ireland.

Irish Life is a founding supporter of TILDA since 2006 as part of our Corporate Social Responsibility Programme. The other funders of TILDA are Atlantic Philanthropies and Dept. of Health.

TILDA's Vision is to make Ireland 'the best place in the world to grow old' by studying the health, wealth and quality of life aspects of ageing.

Twelve years on from launch, TILDA has become a benchmark for longitudinal studies globally. The relevance and importance of its research has increased as awareness of the ageing profile of the Irish population grows.

Success to date: Four waves of research completed to date:



For more information please visit www.tilda.ie

Supported by



Irish Life Assurance plc is regulated by the Central Bank of Ireland.

Source: The Irish Longitudinal Study on Ageing 2017.

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